

Indicators of mucosal-associated lymphoid tissue oral cavity with COVID-19 (SARS-CoV-2)

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Annotation: COVID-19 has become an integral part of our lives. This disease is a new serious problem for the health systems of all countries of the world. This article focuses on the manifestations of COVID-19 in the oral cavity.

Key words: oral cavity, gum disease, parodontitis, drying mouth, oral candidiasis, stomatitis, symptom.

People who have had COVID-19 may experience the following problems:

- dry mouth
- oral candidiasis
- gum disease
- cheilitis
- stomatitis

With covid, skin symptoms may appear. Unfortunately, doctors often ignore oral examinations of patients with suspected coronavirus infection for safety reasons.

According to The New York Times, after suffering from coronavirus, a person may experience problems with teeth and gums. The newspaper cites several cases where people who recovered from COVID-19 experienced tooth loss as an example.

These observations support the need for dental monitoring of patients during illness and after COVID-19.

Dry mouth with COVID-19

Studies have shown that 70% of patients with COVID-19 suffer from salivary gland dysfunction, which can cause dry mouth and burning sensation.¹⁷ Dryness can occur after medication or under the influence of systemic diseases, such as diabetes mellitus .

How to get rid of dry mouth?

An integrated approach is needed: first of all, cure the underlying disease (COVID-19)

Strengthen immunity

drink more water

Do not rinse your mouth with water, but make mouth baths from water: take water in your mouth and hold

Chewing gum without sugar (such as xylitol): This process forces the muscles to press on the salivary glands and release saliva

Do not smoke, do not drink alcohol

Do not use toothpastes with SLS

Candidiasis with COVID-19

There is an association between dry mouth and the development of oral infections: for example, candidiasis occurs in 61% of COVID-19 survivors.²

Oral candidiasis is oral thrush, an infectious disease caused by fungi belonging to the genus *Candida*. The symptoms of thrush depend on the type of candidiasis, on the severity and spread of the inflammatory infectious process. Manifestations can be localized in different parts of the oral cavity.

Characteristic signs of candidiasis

The appearance on the tongue, mucous membranes of the cheeks and lips, on the gums and on the palate of formations resembling curdled milk.

The formation of ulcers, plaques with grayish or white contents. Individual elements can grow, gradually merge with each other and form extensive affected surfaces. If the plaques and films are removed with a cotton swab, then under them a bright red inflamed mucous membrane is found.

Burning, itching. A person experiences discomfort, which, with intensive spread and a high degree of damage, can develop into pain. Symptoms are aggravated by drinking or eating food.

Dry mouth, cracked lips and corners of the mouth.

Quite often, patients can encounter oral candidiasis against the background of drug therapy for the treatment of COVID-19, for example, glucocorticosteroids (dexamethasone). This confirms the need for competent oral care during the disease.

It is also important to note that poor oral hygiene during COVID-19 can contribute to the development of infections, and brushing your teeth should not be neglected because you feel unwell.

Treatment of candidiasis

Treatment of candidiasis should be both general and local.

The basis of general treatment is the passage of a course of antifungal drugs. Vitamin therapy is also recommended to increase the overall resistance of the body. If there was a long course of antibiotic therapy, it is necessary to take probiotics to normalize the microflora.

Gum disease with COVID-19

In 100% of the examined patients who recovered from COVID-19, there are periodontal diseases, poor hygiene, the presence of supragingival and subgingival tartar. Periodontium is the tissues that hold the tooth in the jaw. If these tissues disappear, tooth mobility begins and it falls out. In 80% of cases, plaque and tartar play a leading role in the occurrence of periodontal pathology. that attack the body, and since the body is weakened during this period, it is more difficult for it to fight viruses. If you feel unwell, plaque accumulates faster and tartar is formed due to the multiplication of microorganisms. This can lead to gum inflammation and bleeding, which is also a common complaint among COVID-19 survivors.¹⁷

According to Dr. Brian Franz, President of the American Academy of Periodontology, the flow of patients to the dentist has never been as high as it is now during the COVID-19 pandemic, which also confirms the impact of COVID-19 on periodontal health.⁴

In order to avoid gum disease:

Be sure to brush your teeth twice a day

Use all hygiene products (toothbrush, dental floss, toothbrush, tongue scraper)

After recovery, change all personal hygiene products

After recovery, do professional oral hygiene

Sanitize the entire oral cavity: cure all teeth

Cheilitis with COVID-19

Cheilitis is an inflammatory disease of the lips, the skin around the lips and the mucosa of the lips.

The main symptoms of cheilitis¹⁰:

dryness and tightness of the lips

crusts on lips

itching, burning

redness

soreness

cracks

Less common:

bubbles

blood crusts

exudate (liquid release)

The severity of symptoms and their presence depends on the type of cheilitis. Treatment of cheilitis is always complex and also depends on the form of cheilitis.

General treatment for cheilitis

Normalization of nutrition, adherence to a diet that does not contain allergens, exclusion of spicy, irritating foods

Taking vitamins, especially group B and PP (nicotinic acid)

Antibacterial, antifungal and antiviral drugs for infectious cheilitis (Important! These drugs are taken only as directed by a doctor!)

Antiallergic drugs

Sedatives (prescribed by the attending physician!)